Kids in the Kitchen: 
Peas & Carrots Alphabet Soup

Ingredients:
- 6 cups low-sodium chicken or veggie broth
- 2 carrots, diced
- 1 cup alphabet pasta
- 1 10 ounce package of frozen peas
- Kosher salt and any other seasonings desired

How to Make it:
- Bring broth to a boil, add carrots, pasta, and 1/4 tsp salt.
- Simmer until carrots and pasta are tender (about 6-8 minutes)
- Stir in the peas and cook until heated (1-2 minutes)
- Enjoy on a nice chilly day!

Source: https://www.realsimple.com/food-recipes/browse-all-recipes/peas-carrots-alphabet-soup

Child Development Tip: 
Nurturing Empathy 
in Your Toddler

- Empathize with your child: Ask them how they are feeling and explain how you understand their point of view
- Talk about others' feelings: Explain why other people may be feeling different emotions and give examples of ways to help make them feel better
- Read stories about feelings: Some suggestions include-
  - I Am Happy: A Touch and Feel Book of Feelings
  - When I Am/Cuando Esto by Gladys Rosa-Mendoza
  - My Many Colored Days by Dr. Seuss
- Use “I” messages: This type of communication models the importance of self-awareness. For example, “I don’t like it when x, it makes me feel y.”
- Validate your child’s difficult emotions: Instead of rushing to fix things when your child is angry, sad, or frustrated, allow them to sit and try to cope with their feelings. Explain that you understand why they are feeling that way, or if you don’t know what caused it, try to talk it through with them. Remind them you are there for them.
- Think through the use of “I’m sorry”: Help your child focus on another person’s feelings, rather than letting “I’m sorry” be the end of it. Making connections between their actions and another person’s reaction is key.

Source: zerotothree.org

AEYC has MOVED!

Please come visit us at our new location: 3200 Hospital Drive, Suite 204. As always, AEYC houses the Juneau Parent Bulletin, thread services; including the Child Care Assistance Program and Child Care Referrals, offers the Parents As Teachers program, the Child & Adult Care Food Program, Sponsors the Dolly Parton Imagination Library, and hosts an annual Symposium for early educators. Questions? Call us at 907-789-1235, or visit us online: www.aeyc-sea.org.

Pick. Click. Give!


Resolutions Magnet

What You’ll Need:
- Craft foam, wood, or any surface you can use as the base of your magnet
- Permanent marker, and any other decorations you want on your magnet
- Glue
- Magnetic strip
- White paper, foam, etc.

How to Make it:
- If necessary, cut your base into whatever shape you would like
- Write a goal for 2019 on the white foam, paper etc.
- Glue the goal to your base
- Magnetic strip
- White paper, foam, etc.

Source: https://www.activityvillage.co.uk/resolutions-magnet
January 2019 What’s Going On?
Get out your highlighter and choose the events you want to attend this month!

SPECIAL EVENTS

1/4 Chill with the Family Fair: Enjoy art activities and games at the Alaska State Museum! 1-4pm.
1/5 Juneau Kindness Festival: Join community organizations, local performance groups, DJ Manu and ROCK Juneau for dancing, snacks, raffles, fun activities and plenty of kindness! Located at Elizabeth Peratrovich Hall. 12-4pm.
1/11 Family Night at the Turf: 5-6:30pm at the Dimond Park Fieldhouse. Call AEYC, 789-1235, for more information. Hosted by Head Start.
1/17 Family Night at the Downtown Library: Enjoy stories, crafts, and a light supper. 5:30-6:30pm.
1/18 Family Night at the Turf: 5-6:30pm at the Dimond Park Fieldhouse. Call AEYC, 789-1235, for more information. Hosted by AWARE.
1/25 Family Night at the Turf: 5-6:30pm at the Dimond Park Fieldhouse. Call AEYC, 789-1235, for more information.

MONDAYS-FRIDAYS

Turf for Tots Program: Dimond Park Fieldhouse. 9am-1pm. $6/child. For more info: 523-4910.
Lunch Bunch: 11:15-1:00. Dimond Park Aquatic Center. For ages 7 years and younger. Info: 586-2782.

MONDAYS


Toddler Time Downtown Library: Come for games, songs, and activities along with a story. 10am.
Toddler Time Valley Library: Come for games, songs, and activities along with a story. 11am.

TUESDAYS

Children’s Life Skills Group: AWARE, 6pm-8pm, Info. 586-6623.

WEDNESDAYS

Women, Infants & Children (WIC) Walk-In Clinic: 3245 Hospital Dr. 1st floor. Free nutrition services for income-eligible women who are pregnant, breastfeeding or just had a baby and for children ages 0-5. 9am-6pm. For more info call: 463-4099.

THURSDAYS

Breastfeeding and Parenting Support Group: JFHBC 9am-10am.

FRIDAYS

Spanish Playgroup: JFHBC 2pm-3pm. Call 586-5765 or email info@juneaubirthcenter.org.

♦ means this event is FREE!

Imagination Library Early Learning

BOOK TITLE: Little Owl’s Night
AUTHOR: Divya Srinivasan
AGE GROUP: Age 2

SUMMARY OF BOOK: Little Owl spends his night flying around the forest he lives in, watching, listening, and visiting with all the animals and creatures that live there. Many of them are awake during the night so this shows children about nocturnal animals and what they do.

BEFORE READING: (Ask questions and use what the child already knows to add to the discussion, assisting the child in understanding and enjoying the book):
Try questions such as these:
1. “Have you ever seen an owl? Was it at night time?” If not, describe an owl for your child.
2. What do we do at night? Do we sleep?”
3. “What do we do during the day?” (eat, play, work)

DURING READING: Ask these questions and anything else you come up with:
1. As you go through the book, talk about the animals your child may have seen before, explain ones she hasn’t.
2. “What sound does the _______ make?”
3. Point out details in the pictures: “Is the raccoon taking the squirrel’s nuts? How can we tell what the bear was eating? what the rabbit was eating?”
4. “What’s happening in the very last picture?”

AFTER READING: (activity to extend book experience)
1. Talk with your child about who’s awake in the daytime and who’s asleep.
2. Pretend with your child what it would be like if she were up all night, what would she see, hear?
3. If you and your child experience the dawn, relate back to the book and how day begins
Compliments of: Alaska Department of Education and Early Development
Created by: Students at the University of Alaska Anchorage.
For more activities visit www.bestbeginningsalaska.org.

Your Dollars Make a Difference - Support the Dolly Parton Imagination Library
Did you know that donations from supportive people like YOU make books available to children all over SE Alaska? For $30 a year you can ensure that a child receives a free book in the mail every month. Make your tax deductible donation today at: http://www.aeyc-sea.org/imagination-library.html. A big thanks to Volunteer Librarian Patty George and Trish Custard for giving their time to keep this program running smoothly!

Alerts about this bulletin are emailed to families whose children are enrolled in the Dolly Parton Imagination Library. Find this bulletin and many other family resources any time at www.JuneauFamilies.org.

The Juneau Parent Bulletin is created by AEYC in coordination with Partnerships for Families and Children, with funding support from thread.
Find us and Like us on Facebook! AEYC | 3200 Hospital Dr. Ste. 204, Juneau, AK | 907-789-1235 | www.aeyc-sea.org